# Importance of Treating the Body with Respect and Dignity

**Lesson:** The importance of treating both your body and your mind with respect and dignity.

**Date:** As used

**Time:** As used

**Class:** 5th and 6th class

**Strand:** Myself

**Strand Unit:** Taking care of my body

**Materials Needed:** Use the KWL chart as the introduction to the lesson, use the Lunch Bag video 'Importance of Respect and Dignity' as the lesson, finish the KWL chart as the assessment and use the 'Word search' as the activity sheet for this lesson.

***Learning Objectives***

1. Recognise and examine behaviours that are conducive to health and those which are harmful to health.
2. Recognise that there is a personal responsibility for their health, and the well-being of himself/herself and others.
3. Recognise the importance of treating his/her own body and that of others with respect and dignity.

## Introduction/Stimulus

The KWL chart is used as the introduction to this lesson. The KWL chart allows for the assessment of students' prior knowledge around the area of treating their bodies with respect and dignity. The areas assessed include what students know, would like to know and have learned from this lesson. The KWL chart therefore also overlaps as the assessment for this lesson.

## Development

- The lesson begins with the importance of getting adequate sleep being highlighted to students. Students are educated on the importance of aiming for 9-11 hours of sleep to benefit both their bodies and minds. Its importance is explained from the point of view of being capable of picking up and retaining new information along with ensuring their bodies growth and development is happening at its fastest possible rate.
- The second area explained to students is the importance of getting enough exercise. Exercise and the effects it has on our bodies is explained to students from the point of view of its importance for the health of our lungs, our bones, our hearts and our muscles. Exercise also releases neurotransmitters in our brain which has a positive effect on our mental health and mood. The importance of 60 minutes of moderate to vigorous intensity exercise for students in 5$^{th}$ and 6$^{th}$ class is highlighted to students as this is the minimum amount of daily exercise required for students of this age group according to guidelines from Healthy Ireland.
- The importance of a balanced diet is the next topic students are educated on. The importance of 5-7 portions of fruit and vegetables daily, 3-5 portions of carbohydrate, 5 portions of low-fat dairy and 2 portions of meat daily is explained to students. This is explained to students from the point of view of fuelling their daily activities and ensuring healthy growth and development.
- Good posture and the importance of wearing sunscreen is next highlighted to students. Good posture is explained to students regarding the knock-on effects it has on our mood and the way in which it can help improve digestion.
- The importance of down time and relaxing is the final area of having respect and dignity for our bodies that's explained to students. The importance of down time is highlighted in regard to its importance for our mental health, and for making us feel good about ourselves.

## Conclusion

The lesson is concluded by finishing off their KWL chart and filling out the section on what they learned. This provides an assessment of their learnings from the lesson. The lesson is then concluded with the use of the 'Importance of treating the body with respect and dignity' word search.

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| **Assessment** | The KWL chart overlaps as both an introduction and assessment for this lesson as it assesses prior knowledge and again assesses acquired knowledge post the lesson. The 'Importance of treating the body with respect and dignity' word search allows for English to be integrated into the lesson. |
| **Linkage/Integration** | **Linkage:**<br>**Developing Self-Confidence:** Take increasing personal responsibility for himself/herself and being more independent and autonomous.<br>**Self-Awareness:** Accept his/her own body image and explore some of the factors that affect his/her self-belief.<br>**As I grow I change:** Appreciate the need for individual space and privacy as he/she is growing and developing.<br><br>**Integration:**<br>**English;** Students vocabulary and spelling is assessed by having to come up with which words they are looking for in the word search resource.<br>**Art;** The 'Colour me in' element of the Wordsearch activity sheet allows for the integration of art into this SPHE lesson.<br>**Making Inference;** Students will understand that if they sleep for 9-11 hours a night, exercise regularly, eat a balanced diet, have good posture, wear sunscreen and take time to themselves, they will in turn maximise their health. |